



Caregivers

Caregivers are anonymous heroes that give of themselves generously and perform daily acts of kindness.

Caregivers are keenly aware of patients needs and are most important allies in treatment.

Caregivers must take good care of themselves in order to take care of their loved ones on a long term basis.

The **Caregiver Project Team** is sensitive to the diverse cultural needs of the Veterans that we serve. We hope to address the current and future needs of Veterans and families. Services are available in English and Spanish.

For more information and/or referrals contact:

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VA MEDICAL CENTER
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Caregivers Project



Group Respite PROGRAM

**Taking care
of the needs
of those
who care
for others**

What is a Caregiver?

A person who provides any type of physical and/or emotional care for an ill or disabled loved one.

Very often family members and friends take on the role of caregiver for an elderly or medically frail veteran. They find themselves having to perform new and unfamiliar tasks or chores, such as managing or administering medications, helping with personal care activities, shopping, etc.

Many times caregivers are required to perform skilled nursing tasks such as dressing changes.

Many caregivers neglect their own health and medical needs (missing medical appointments). Many caregivers are physically/emotional exhausted.

Caregivers may experience a wide range of emotions including:

- Confusion/Frustration
- Depression
- Anger

- Resentment
- Fatigue /Anxiety
- Sadness

If you or someone that you know have any of the above feelings, you may need the support of the Caregivers Project Group Respite Program.

What is the Caregivers Project Group Respite Program?

This program is an initiative designed to provide activities and services to Veterans with memory problems while providing caregivers with support services and time to take care of their own needs.

What activities and services do we provide?

- Recreation
- Physical activities and exercises
- Arts and crafts
- Music /Dance

- Socialization
- Counseling/Support groups
- Case Management
- Referrals to community resources
- Caregiver education and training
- Nutritional Evaluations
- Lunch/Snacks

When and where is the program held?

Every Friday from 9am to 2pm
1st floor-Dining Room area of the Nursing Home

Who is Eligible?

- Veterans over 60 years old that need assistance with activities of daily living
- Veterans that would benefit from enhanced cognitive stimulation, socialization/interactive activities.
- Caregivers overwhelmed with medical, social/emotional and economic needs that might limit their ability to care for the veteran.